

The Resilient Library Newsletter

February 7, 2021

Volume 5, Issue 1

PLEASE NOTE:

Many of the images and underlined text in this newsletter have hyperlinks to their corresponding websites.

Press Click or Ctrl+click on images and underlined text to be directed to those websites.

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9 Ways to Laugh More Every Day

By Frank Lipman, MD

Laughter. Though it may be harder to come by these days, laughing it up does wonders for your health, so I urge you to indulge every day. Just like getting good sleep, eating your veggies and daily exercise, laughter is an essential, particularly now, when it's so easy for our chaotic world to drag spirits down.

Why laugh? Well, for starters, researchers have found that laughter stimulates chemical changes in the brain that help protect us against the harmful effects of chronic stress. So, what better time to laugh more than these high-stress days we're living through? Even if you're not feeling especially giggly (understandable), make a little effort to find the humor in things because laughter's benefits to body and mind kick in almost immediately. To get you in the mood, here are few seriously good reasons to laugh more, plus a few thoughts on how to get more chuckles on the regular:

Laugh your way to health.

When you laugh, you're giving yourself a quick, chemical mood boost, stimulating the release of endorphins, the same happy brain chemicals that are released after a good workout. Laughter also helps reduce inflammation; release tension in the muscles of the face, neck, shoulders, and abdomen; and helps fight virus-



es and tumors by giving the immune system a welcome lift. You'll even rev up your metabolism with a few minutes of joyful guffaws. Laughing is a bit like taking your medicine, only funnier.

Your body needs and loves a good laugh.

Chances are, you're already laughing from time to time. In fact, it's believed that most of us do it an average of 17 times a day. Not bad, but there's always room for improvement! In addition to making us feel good and en-

See **Laugh More** on page 2

hancing our feelings of connection with our fellow humans, the health benefits are real at a physiological level, including:

1. Increasing the activity of T-cells, aka the “killer cells” that help our bodies fight viruses and tumors.
2. Increasing blood flow and circulation, which helps speed healing.
3. Decreasing blood pressure and cortisol levels.
4. Reducing pain.
5. Helping to stabilize blood sugar.

Find your funny bone.

Not everyone is naturally funny, but sharing a laugh is a skill that can be developed. How to start raising your humor game? No need to overdo it or fake it, but studies show that even the mere act of smiling can alter your mood. So, follow the lead of others and train yourself to laugh or even just crack a smile when they do. This simple mirroring technique will help you become more comfortable with letting your social guard down and can be particularly helpful if you're not quick with quips; have grown up in humor-free circumstances or have

difficulty reading social cues.

Lighten up, gently.

All of us may have different opinions about what's funny and what's not, but humor works best when it's used to foster camaraderie, engender good will and reflect the amusing foibles of human nature. To keep good feelings flowing among family, friends and officemates – not to mention those delightful endorphins – leave the snark to stand-up comedians and late-night talk show hosts. Keep the humor gentle and light-hearted and skip jokes at the expense of others. Nobody wants to be on the receiving end of a verbal pie-in-the-face, particularly now.

Make friends with laugh-lovers.

To help keep yourself buoyant amidst our currently choppy seas, minimize exposure to those glass-half-empty types in your life. No need to dump the Debbie Downers altogether, but to keep them from pulling you under, consider keeping interactions on the short side, or plan activities where laughter (or perhaps even silence) comes with the territory. It's all about balance, and it's healthier for you to tip the scales in favor of those who love to laugh versus those

who are, shall we say, chuckle-challenged.

Go to laughing class.

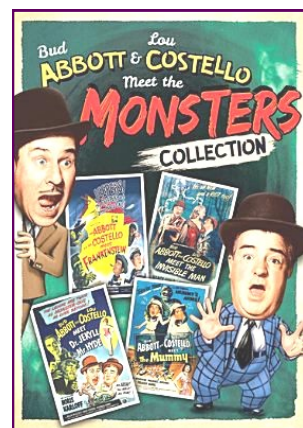
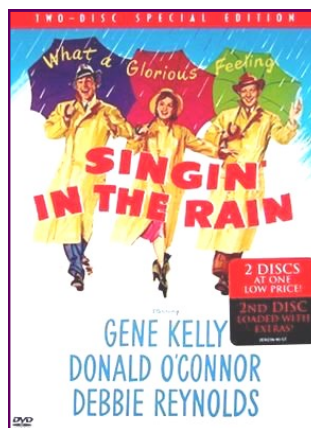
Laughter is infectious, in the best possible way, and one place where a healthy dose is all but guaranteed is at an online laughing meditation or laughing yoga class. In addition to the movement and/or meditation benefits, you'll enjoy built-in guffaws, plus a rush of those feel-good endorphins and a sense of connection and community with your fellow online classmates. And one day, hopefully, you'll be able to take laughter-based classes in person – and put an even bigger smile on your face.

Pop the workday tension balloon – fast!

Whether you're working in a downtown office cubicle, or at home at your dining room table, work means dealing with stress. To pop the stress balloon in the absence of in-person officemates, you'll have to DIY it and make your own fun. Assuming the boss isn't actively looking over your shoulder, the quickest way to bust stress when you're stuck at the desk is to watch a quick comedy clip, or any short-form video that cracks you up. A few minutes on sites like funnyordie.com

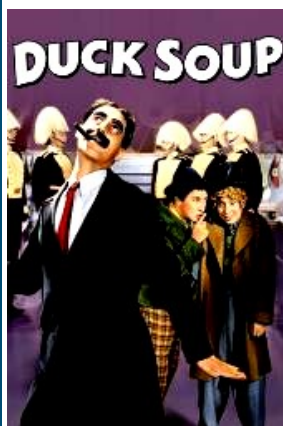
See **Laugh More** on page 8

Humorous DVDs — Click on the image to go to the library catalog to request

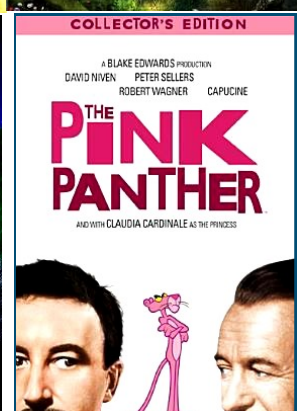
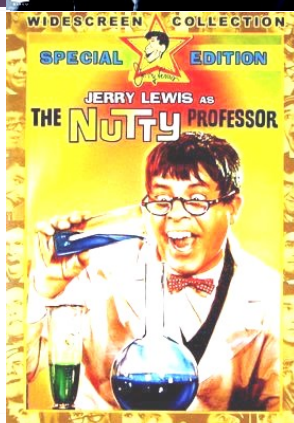


More DVDs to tickle your funny bone

Click on the image to go to the library catalog to request items



Katharine Hepburn Cary Grant
Bringing Up Baby



More Ways to Bring Laughter Into Your Life

1. Set the Intent to Laugh More.

Make a resolution, or set the intent, of laughing heartily as often as you can. Setting a goal to laugh more is as important as setting the goals to get more exercise, eat healthier, and drink more water.

Tell yourself: "I resolve to laugh more."

2. Include Laughter in Your Morning Routine. Many of us have a routine that we follow every morning to help set us up to have a great day. How about adding laughter to your morning routine? Choose a year-in-a-box calendar that will give you a quick laugh when you glance at the joke for the day.

3. Learn to Laugh at Yourself. Most of us take ourselves too seriously, which limits our ability to find the humor in difficult situations. In addition, it can make us uptight and overly sensitive to what other people may be thinking of us.

Learning to laugh at yourself takes some of the pressure off, and it will allow you to be more authentic and vulnerable (both of which are desirable character traits). Here are two ways to learn how to laugh at yourself:

- Give yourself permission to be silly. At the right moment, being silly is a plus.
- Look for the funny side of things. When you're upset over something, ask yourself: "How is this situation funny?" Humor is a great way to deal with adversity and can even turn a negative into a positive.

4. Take Up Something New. When you try something new—whether it's to draw, perform a karate kick, or learn to roller blade—your initial attempts will likely be clumsy and even ridiculous. That is, funny.

And since in the point above you learned

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More Ways (continued from page 3)

how to laugh at yourself, taking up something new is very likely to result in lots of laughs.

5. Put Laughter Quotes Up On a Bulletin Board. Put up a bulletin board where you'll be sure to see it often, and fill it with laughter quotes. Here are some to get you started:

- “Against the assault of laughter, nothing can stand.” —Mark Twain
- “The most wasted of all days is one without laughter.” —e.e. cummings
- “If laughter cannot solve your problems, it will definitely dissolve your problems, so that you can think clearly what to do about them.” —Dr. Madan Kataria

6. Start a Joke Jar. Find some funny jokes and write them down on some scraps of paper and put them in a jar. Whenever you need some laughter, pick a joke from the jar.

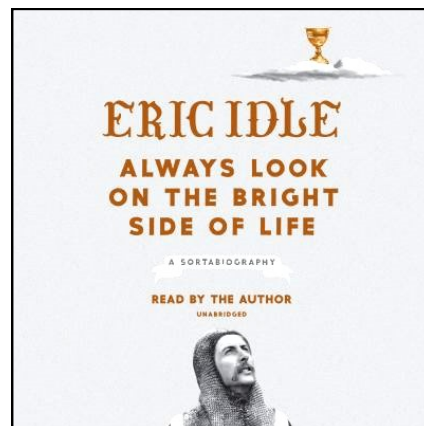
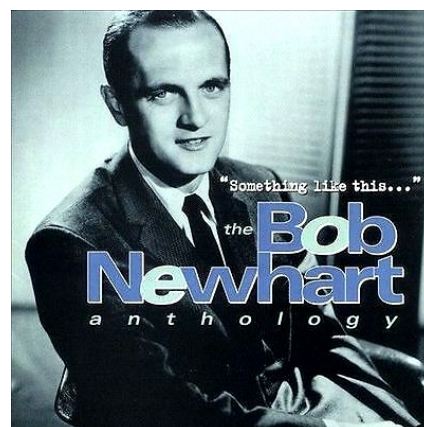
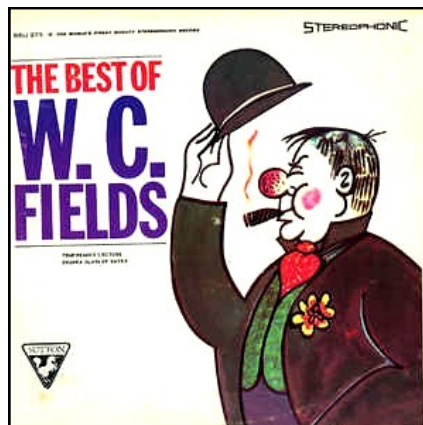
Here are some family-friendly jokes from rd.com [Reader's Digest website] to get you started:

- I tried having my mother's phone disconnected, but the customer-service rep told me that since the account was in my dad's name, he'd have to be the one to put in the request. The fact that he'd been dead for 40 years didn't sway her. Then a solution hit me: “If I stop paying the bill, you can turn off the service, right?” “Well, yes,” she said reluctantly. “But that would ruin his credit.” —Jeannie Gibbs
- Feeling down about my thinning hair, I told a friend, “Soon I'll never need to go back to the beauty salon. Whenever I vacuum, all I pick up is my hair.” A glass-half-full kind of gal, she responded, “Well, then you won't need to vacuum either.” —Agnes Scharenbroch

Excerpted from <https://daringtolivefully.com/how-to-laugh-more>

Audiobooks — Laughter to Your Ears

Click on image to go to the library catalog



Books to Make You Laugh Out Loud

Click on image to go to the library catalog



Funny Church Bulletin & Announcement Bloopers

- This being Easter Sunday, we will ask Mrs. Lewis to come forward and lay an egg on the altar.
- Mr. Bradford was elected and has accepted the office of head deacon. We could not get a better man.
- The 'Over 60s Choir' will be disbanded for the summer with the thanks of the entire church.
- The outreach committee has enlisted 25 visitors to make calls on people who are not afflicted with any church.
- Remember in prayer the many who are sick of our church and community.
- Attend and you will hear an excellent speaker and heave a healthy lunch.
- A cookbook is being compiled by the ladies of the church. Please submit your favorite recipe, also a short antidote for it.
- Potluck supper Sunday at 5pm—prayer and medication to follow.
- The ladies of the Church have cast off clothing of every kind. They may be seen in the basement on Friday afternoon.
- Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.
- The Rector will preach his farewell message, after which the choir will sing 'Break Forth Into Joy.'
- Eight new choir robes are currently needed due to the addition of several new members and to the deterioration of some older ones.
- Ushers will swat the latecomers.

Excerpted from <https://www.godupdates.com/funny-church-blooper-bulletin-quotes/>

What kind of tea is hard to swallow? Reality.

I asked my 91-year-old father,
“Dad, what were your good old
days?”

His thoughtful reply: “When I
wasn’t good, and I wasn’t old.”

—F. M., via rd.com



My parents didn't want to move
to Florida, but they turned 60
and that's the law.

—Jerry Seinfeld



After my 91-year-old mother
finished having her hair cut and
shaped, the stylist announced,
“There, now you look ten years
younger.” My mother, unim-
pressed, replied, “Who wants to
look 81 years old?”

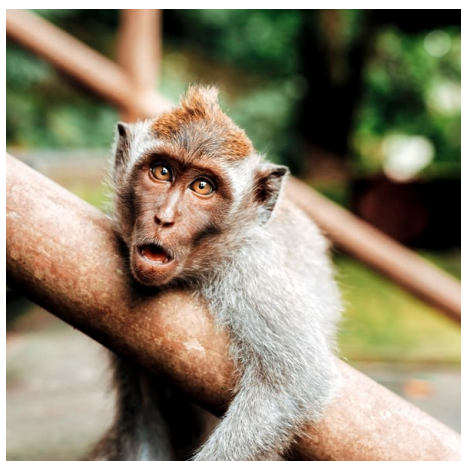


One of the shortest wills ever
written: “Being of sound mind, I
spent all the money.”

—Submitted by Arthur Bland

On the phone with my 93-year-
old brother in Wisconsin, and I
told him I thought it was time he
paid someone to shovel snow for
him. He suddenly grew indignant.
“Why should I pay someone to
shovel?” he demanded. “I can get
my son to do it. He’s only 70!”

—David Groeschel



In the hardware store, a clerk
asked, “Can I help you find any-
thing?” “How about my misspent
youth,” joked my husband. The
clerk shot back, “We keep that
in the back, between world
peace and winning lottery tick-
ets.”

—Leslie McRobie

Seeing her friend Sally wearing a
new locket, Meg asks if there is a
memento of some sort inside.
“Yes,” says Sally, “a lock of my
husband’s hair.” “But Larry’s still
alive.” “I know, but his hair is
gone.”

When the new activities director
for the rec center walked in, all
us retirees quickly took notice.
She was 20-something, statu-
esque, and gorgeous. My buddy
whispered, “She makes me wish I
was 30 years older.” “Don’t you
mean 30 years younger?” I asked.
“No. If I were 30 years younger,
I’d still never have a chance with
a woman like that. If I were 30
years older, it wouldn’t bother
me so much.”

What did the Buddhist say to the hot dog vendor?

Make me one with everything.

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Senior citizens have taken to texting with gusto. They even have their own vocabulary:

BFF: Best Friend Fainted

BYOT: Bring Your Own Teeth

CBM: Covered by Medicare

FWB: Friend with Beta-blockers

LMDO: Laughing My Dentures Out

GGPBL: Gotta Go, Pacemaker Battery Low!



For her 40th birthday, my wife said, "I'd love to be ten again." So that Saturday, we had a heaping stack of chocolate-chip pancakes, her favorite childhood breakfast. Then we hit the playground and a merry-go-round. We finished the day with a banana split.

"So how did you enjoy being a kid for a day?" I asked.

"Great," she said. "But when I said I wanted to be ten again, I meant my dress size."



Our favorite museum in town displays quilts from around the country. When I visited recently, I asked the woman at the front desk about a senior discount. It wasn't to be.

"Sir," she said, "this is a quilt museum. We give discounts to teenagers."

Just as she was celebrating her 80th birthday, our friend received a jury-duty notice. She called the clerk's office to remind them that she was exempt because of her age.

"You need to come in and fill out the exemption forms," the clerk said.

"But I filled them out last year," she replied.

"You have to fill them out every year."

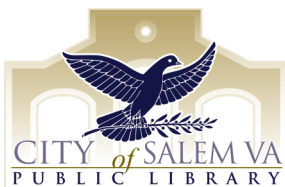
"Why? Do you think I'm getting younger?"



My nine-year-old daughter walked in while I was getting ready for work. "What are you doing?" she asked.

"Putting on my wrinkle cream," I answered.

"Oh," she said, walking away. "I thought they were natural."



Salem Public Library

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SUBSCRIPTION INFORMATION: If you would like to subscribe to our newsletter, please let us know by either:

- Calling the library between 10:00 a.m. and 4:00 p.m. each day OR
- Email us at library@salemva.gov OR
- Print copies will be available in our front lobby.

We will post a link on our [website home page](#) to view this newsletter online. Archived versions of the online version are posted on our website on the Adult Resources page.

LIBRARY SERVICES/EVENTS BEING OFFERED AT THIS TIME:

CONTACT-FREE PICKUP is available in our front lobby every day from 10:00 a.m. to 4:00 p.m. for picking up requested items. Please call before heading to the library so that we can check out your items to your account before you get here. *Thank you!*

LEAVE IT TO A LIBRARIAN For Adult Fiction: The library is closed and you don't want to spend hours browsing the online catalog? Call us, email us, or click the link on our website home page to give a hint or two (genre, authors you like). Tell us how many books you want. We'll fill a bag and leave it in the front foyer for you.

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Laugh More—continued from page 2

or [American's Funniest Home Videos](#) can deliver instant laughs, and a quick attitude upgrade in five minutes or less. Then, it's back to the grind, a bit more refreshed.

Get the giggles first thing, and on your downtime.

Just as watching the news first thing in the morning and repeatedly checking it throughout the day can keep you in a state of perpetual stress and anxiety, funny stuff can have the much-needed opposite effect. By making the simple switch from 24-hour news radio and TV to comedy radio and podcasts, you can instantly lift your spirits and start your day in a more positive frame of mind. Listen to humorous podcasts on the way to work, on the

way home, when you're taking a walk, cooking, doing dishes and household chores or anytime you might otherwise be tempted to tune into the news. Granted, you should know what's going on in the world but compulsively checking it more than once or twice a day will do far more harm than good, and quite possibly increase feelings of hopelessness and helplessness – and we say 'no thanks' to that!

Stockpile the funny stuff.

Keep on hand a list, or, if you're old school, a pile of DVDs that consistently make you laugh, and dedicate an evening or two each week to enjoying them. You'll get all the benefits of regular laughs on tap and give yourself a scheduled, and much-needed, mental mini-vacation to help you unwind from the challenges of the day. You may even

rest a bit easier at night since laughter relaxes the muscles which should help you drift off (but do resist the temptation to binge-watch into the wee hours). No matter how you find a way to do it, in the words of Maya Angelou, "Laugh as much as possible, always laugh. It's the sweetest thing one can do for oneself and one's fellow human beings." I couldn't agree more!

Excerpted from [9 Ways to Laugh More Every Day - Frank Lipman MD](#) (drfranklipman.com)

